

The Nest's Safe Spoonful Space

FAQ's

What does this service provide?

Normally when your baby starts solids, you would do this at home. Our service is a good option if you are not confident or feel nervous about introducing those common allergy foods at home on your own. We are here to help!

What is the target age group of this service?

We will take babies from 4 months up to 18 months.

Can I attend with my baby if they already have a food allergy to another food?

Unfortunately no, we can't introduce foods at this particular space for children that already have a diagnosed food allergy to ANY food. On arrival, you will be asked to sign a disclaimer saying that your child has NOT been diagnosed previously with a food allergy by a doctor.

Can I attend with my baby if they have a family history of food allergy? Like a sibling or parent?

Yes! It is important to get those common allergy foods in early with children with a family history.

Can I attend with my baby if they have eczema?

Yes! It is even more important to get those common allergy foods in early with children with eczema. Please bring your regular moisturiser on the day if needed.

Is there a qualified nurse on site?

Yes! The service is run by a registered nurse with specific childhood allergy experience.

Is there a Doctor on site?

No, this is a nurse-supervised service. This service aims to replicate your home environment as closely as possible, where (in most instances) there is no doctor present!

Will I be able to ask questions whilst I am there?

Yes of course! As many as you like. We will further direct you to Australian resources that are relevant to your questions if applicable. Please note that we will not be able to provide medical advice, and if your questions are medical in nature, we will direct you to your GP and provide you with a list of paediatric immunologists in NSW.

What happens if my child has a reaction?

The service is an extension of what you would do at home. We will help you recognise the reaction and provide education regarding the management of the same.

If your child is exhibiting signs of mild/moderate allergic reaction and is old enough to have an antihistamine, we would stop giving the food and direct you to administer the antihistamine. If your child is showing signs of anaphylaxis (severe allergic reaction), we will have an EpiPen Junior onsite. If your child is 7.5kg or higher, we can administer an EpiPen

Jnr on-site and call an ambulance. If your child is under 7.5kg we would just call an ambulance as the dose of adrenaline in the EpiPen Jnr would be too large for your child.

Can you provide my child with an action plan if they have a reaction?

No, we recommend you completely avoid that food, and direct you straight to your GP to get an action plan and a referral to a paediatric immunologist.

What are the criteria for coming to one of The Nest's Safe Spoonful Spaces?

Your baby must **not** have reacted to this food before at home

You must agree **ONLY** to give the food agreed for that day

Your baby must **NOT** have a pre-existing food allergy diagnosis.

Who would administer the EpiPen Jnr?

We would administer the EpiPen Jnr for you while talking you through the process and providing education on how to use one.

What time of day will the service be running?

The Safe Spoonful Space will be held always in the morning. This gives time for any potential allergic reactions to happen in the daytime and accommodates for any nap times that need to be fit in.

Can I bring other foods to mix with the food that we are introducing?

Yes! You can mix it into anything you want, as long as your child has previously tolerated it.

What do I have to bring on the day?

1. The food that is being introduced on the day. Please bring the food in a baby-safe way. i.e. nuts should be ground up or in paste form, purees of solids would be preferable.
2. Any other foods that your child enjoys, to mix in with the food being introduced. Please only bring foods that your child already tolerates.
3. Spoons, bowls, plates, water, entertainment.
4. Nappies and change of clothing for your child
5. Antihistamine liquid: We recommend Children's fexofenadine or desloratadine for 6-12 months old and Children's Loratadine for babies aged 12 months.

What foods can we introduce in the Safe Spoonful Space?

Any food that you are nervous about introducing at home.

Can I introduce more than one food on the day?

Not normally, but there are a few exceptions. We will accept:

1. ABC paste (almond/brazil/cashew)
2. Cashew/pistachio
3. Walnut/pecan

The reason for No. 2 & 3 is that they have very similar allergens, meaning they are botanically related! We recommend you leave 1 week before introducing another common allergy food.

Can more than 1 parent/support person come?

Yes! Two people will be allowed to be there with the child on the day.

What will the introduction look like?

Because your baby is only little, we don't need to go overboard! We stick to a rough guide of giving ½ tsp of the food. Then we recommend that you stay with us for 30-60mins to watch the baby. If your child tolerates the food without any reactions, you will need to ensure that your child consumes the food at least weekly to maintain tolerance.

What else will happen while we are at The Nest Safe Spoonful Space?

You will get a bucketful of education about introducing common allergy foods, the why and how, also we will be giving you the details about how to recognise a mild, moderate and severe reaction. We will advise you on how to move forward after your experience at The Nest Safe Spoonful Space. You will leave with so much confidence as well as an understanding of the resources that are available to you for further education and information.